



DON'T LET THE FLU RUIN THE FESTIVITIES.

It's tough to get into a festive mood when you have the flu. And since the highest seasonal flu activity begins in December, now's the time to *get your flu shot.*

- It's the best way to protect you and your family against flu viruses.
- It's available at no cost.
- It can reduce flu-related illnesses, doctors' visits, and missed work and school.
- It's recommended for everyone 6 months of age and older.
- It's especially important for children younger than 5, pregnant women, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

For more information, visit ldh.la.gov/FightTheFlu



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